



# ST. LOUIS ARMY ENGINEER DISTRICT **ESPRIT**

Vol. 30 No. 6

Winner 1991-92 Army Communities of Excellence Award

June 1993

## In this issue...

**Team of Quarter**  
... page 3

**Extra Mile**  
... page 3

**America's Center**  
... page 4

**Widow's benefits**  
... page 8

**Dad's Day**  
... page 9

**Diet COLA**  
... page 10

**Pentagon**  
... page 12

**Good fat**  
... page 14

## Mississippi River Project



Kids test water while teachers look on during Mississippi River Project at Riverlands

The St. Louis District and the Riverlands Area Office, recently participated in a national event, the Mississippi River Project, on May 12. This project is the culmination of the presidential declared "Year of the Gulf" and involved more than 1,000 students along the Mississippi River who tested its waters at 25 sites on this day. The goal of the event was to focus public attention on the relationship between the Mississippi and its tributaries and the health of the Gulf of Mexico.

The Corps' involvement stems from its membership in the EPA led Gulf of Mexico Program, a permanent multi-agency group formed in 1988 whose focus is the environmental health of the Gulf. The year long celebration of the Gulf has been entitled "America's Sea: Keep it Shining."

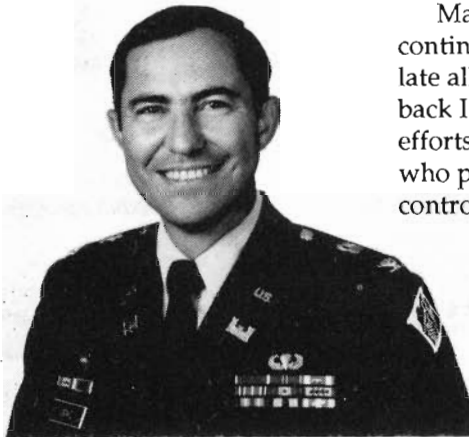
As a major activity in the observance of "The Year of the Gulf" and through the "Keep it Shining" initiative, the Mississippi River Project was created, through partnership with the Corps, the U.S. Soil Conservation Service, the Clorox Foundation, the EPA and Mote Marine Laboratory. The Corps' role in this event was that of education, transportation on the river at some sites and facilitation of the actual water testing procedure.

The Riverlands Area was chosen to participate in a satellite linkup with Vice

(Continued on page 3)



## Commander's Perspective-



**COL James D. Craig**

**We are developing a strategy to ... change the culture of the District.**

May has been a busy month for the District. The "Flood of '93" continued, and finally abated. I want to personally thank and congratulate all of you involved in doing your part in the flood fight. All the feedback I received from the public was positive. Without your dedicated efforts, everything would not have gone as smoothly. Fortunately, those who preceded us were visionary, and led the Corps to develop the flood control system we now have in place. For example, if Mark Twain and Truman Lakes had not existed, the Mississippi in the St Louis Harbor would have crested at 40 feet, not 36.5 feet. 40 feet would have been a significant flood event. Further, the levee and flood wall systems performed well.

During the month, we held two LEAD courses. We are on schedule to get all of our present supervisors through the course by next summer. Then we can start on the next generation of District supervisors and leaders. For those of you who do not know what the LEAD course is, stop by and ask some of the graduates. All of the District staff have graduated, along with most branch and many section chiefs. All of the feedback I have gotten from attendees is positive.

We have begun the process of transitioning all contracting officer responsibilities from MAJ Brontoli and myself to Terry Laws and Joan Schick. Although there is a lot of trepidation in the District and among contractors about the movement of contracting officer from the district engineer to the chief of contracting, let me assure you that we will make it work, and I believe, even improve the system. However, it is going to take the dedicated effort of all involved in the contracting process.

Sonny Trimble, Jack Niemi, and I recently went to the Pentagon and briefed our cultural resource program to the Commander of the Army's Environmental Command (BG Jed Brown). He supports the expanding role of the St Louis District in the curation program for the Army. Although Sonny has a lot of work to do to make this happen, I believe it will. Please give Sonny and his team your support. This is a real opportunity to do something for our Army, and increase the missions for the District.

Janet Ulivi, Chris Morgan, Gene Degenhardt and I recently attended the Army's ACOE awards ceremony and brought back another ACOE cup, this time for runner up. Janet and Chris received the cup and flag from the Chief of Staff of the Army. Stop by and ask them about their experience. We are now actively involved in this year's ACOE program. I would encourage all of you to participate. This is a great way to im-

(Continued on page 5)



**US Army Corps  
of Engineers**  
St. Louis District

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# Team of the Quarter



Part of the Team of the Quarter from left to right: Linda Wichlan, Pat Conroy, Brian Kleber, Ed Demsky, Rich Sovar, Col. Craig, Ken Koller, Kathy Steinlage, Dan Marshall, Mike Kruckeberg, Cindy Zimmerman and Chris Morgan.

Congratulations to the Team of the Quarter for the 2nd quarter of FY93. The winning team was one of five teams nominated. It was recognized for preparing the major Rehabilitation Report on L&D 24 for a new construction start in FY95.

Team members were Mike Kruckeberg, CO-OS, Chuck Rhoads, ED-CE, Alex Dombi, ED-CE, Tom Ruf, ED-DA, Jim Mills, ED-DA, Rich Sovar, ED-DA, Andy Schimpf, ED-DM, Walter Wagner, ED-DM, ED Demsky, ED-GE, Pat Conroy, ED-GE, Linda Wichlan, ED-GE, Lee Lenzner, ED-GE, Nancy Hsieh, ED-H, Rob Davinroy, ED-H, Tom Keevin, PD-AE, Don Sweeney, PD-E, Dan Marshall, PD-E, Kathy Steinlage, PD-E, Ken Koller, PM-M, Brian Kleber, PM-M, Cindy Zimmerman, LD24, and Chris Morgan, LD24.

The team worked under a tight deadline to provide the necessary documents in time to meet the budget schedule. As a result of the

study, more than \$25 million in repairs or replacements are recommended to make the lock and dam reliable. The report was submitted ten days ahead of schedule, thanks to the dedicated effort of all those involved.

Congratulations to all the nominees. You're all winners.

## Extra Mile Award

Congratulations to Ms. Jean Perkins, recipient of the 2nd Quarter, FY93 HR Extra Mile Award.

Jean was nominated by a co-worker for consistently going the "extra mile" in providing support for the Recruitment and Placement Branch, Human Resources Office. She was selected by a committee of her peers to receive the award.

Thanks, Jean, from the District, for your commitment to customer service.

## Mississippi (cont.)

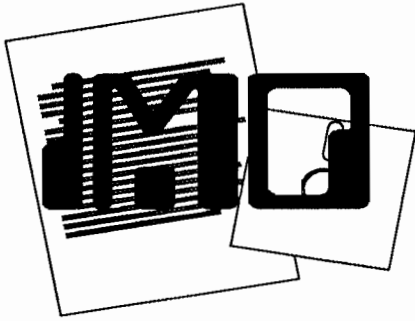
President Al Gore in Memphis, Tennessee. A Francis Howell High School teacher and two of his students spoke with the Vice President from Riverlands after conducting their water quality testing.

The World Bird Sanctuary presented its live bald and golden eagles in two programs for participating students. Eight high schools involved in the Illinois River Project, an ongoing water study project, exhibited their projects and assisted younger students in conducting water quality testing. BG Pat Stevens, Director of Military Programs, presented awards of Excellence in Scholarship to two students for their award winning science papers and projects on the Mississippi River and its flora and fauna. Much of their research took place at the Riverlands area.

The District also helped students test water at two other locations as part of the Mississippi River Project. A fifth grade class from Gotsch Intermediate School conducted water testing from the Corps boats Prairie du Rocher and Grand Tower near Kimmswick, Missouri, 30 miles below the outfall of the St. Louis sewer system. In Cairo, Illinois, Egyptian High School and Meridian High School boarded the Blankenship to conduct their water quality testing at the confluence of the Mississippi and Ohio Rivers.

All water quality tests were sent to Mote Marine Laboratory. Results will be published later this year.

Congratulations to the District's project coordinator, Margaret Ellis, on detail from Rend Lake, the Riverlands staff, Wally Feld, Paul Kornberger, Marge Robbins, Claude Strauser and the crews of the Prairie du Rocher, Grand Tower and Blankenship for a job well done.



## **Word processing in the St. Louis District**

By Ron Jones, IM-R

In 1975, a study was conducted within the St. Louis District investigating which direction the District should take pertaining to the latest office technology - word processing. Soon after, the District acquired its first Wang word processing system. Many typewriters were replaced with word processing terminals. Many Clerk Typist positions became Word Processing Operator positions. During its "heyday" in the early 1980s, the Wang word processing system was a vital asset to District operations. As has been the case in many ventures, the St. Louis District was a leader within the Corps in implementing word processing technology.

By the mid 1980s, microcomputers had become affordable and powerful, and application software packages became "user friendly". In 1986, the District had approximately 100 microcomputers. During this timeframe numerous microcomputer based word processing software packages existed with several being used within the District. The most popular package in the early days was WordStar. By 1990, the District's microcomputer total had already well exceeded 400. During this timeframe, microcomputer word processing software packages became more advanced and easy to use. With "a computer on every desk", the Wang word processing system became expensive and obsolete for the District's requirements. The Wang system was exceeded and the District began relying solely on microcomputer usage to handle all word processing requirements.

Currently, there are an estimated 500 District employees who use microcomputer word processing software packages. Today, WordPerfect is the District microcomputer word processing software standard. The number of WordPerfect users within the District has steadily increased during the past few years. By April 92, the number of District personnel using WordPerfect as

their microcomputer word processing software package reached 50%. The other 50% of the District personnel were using Q&A or WordStar. With WordPerfect being the District microcomputer word processing software standard, the decision was made in Apr 92 not to upgrade the network versions of WordStar or Q&A and also not to purchase any additional stand-alone packages of WordStar or Q&A. By Jan 93, 65% of District personnel were using WordPerfect, with the other 35% of District personnel using Q&A or WordStar. The decision was made not to implement a forced conversion plan to have everyone in the District using WordPerfect by a certain date since the conversion was already happening naturally.

For some District personnel it seems like only yesterday when they were using manual typewriters, correction tape, white-out, and carbon paper, while some (younger) District personnel have never used them. I wonder what office automation advancements the next generation will experience? Who knows, maybe the keyboard will become a thing of the past.

# **District part of America's Center opening**

The St. Louis District participated in the Grand Opening of America's Center in downtown St. Louis with displays in the Heritage Center, which is part of the Cervantes Convention Center expansion. The Heritage Center is a place for tourists and convention

goers to learn about the many natural and cultural attractions in and around the city. The Riverlands Association, with support from the St. Louis Convention and Visitors Commission and Downtown St. Louis, Inc., will manage the Heritage Center.

During the grand opening, displays from the District, the Missouri Botanical Garden and the Ladue Garden Club introduced visitors to the area.

The Heritage Center is scheduled to be operational later this summer.



## Forms replacement

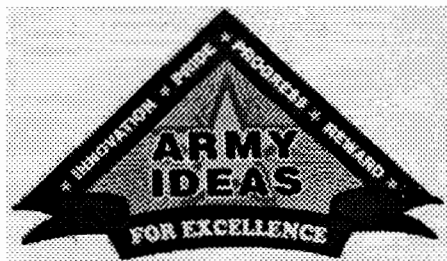
Effective immediately, the ENG Form 4900-R is to be used when reporting all property transactions to CELMS-LM-S for

ALL government owned property. Transactions include transfers, sending property out for repair, declaring property excess, etc.

The ENG Form 4900-R REPLACES and ENG Form 4900 (multi-part) and the LMS Form 758 (Declaration of Value and Condition). There is also a continuation form which may be used if necessary, ENG 4900-1.

These forms are stocked in the forms storage area in the basement of the Young Building.

If any of these transactions concern ADP equipment, the form must be routed through CELMS-IM (Ron Singleton) PRIOR to routing to CELMS-LM-S.



HQUSACE has approved Rich Sovar's suggestion for an additional award of \$2,000. In an earlier edition of the ESPRIT we reported that his proposal on using

sheet piling from the Second Stage cofferdam cells for the auxiliary lock at Melvin Price Locks and Dam project had earned him a local award of \$5,000 and an award of \$3,000 from LMVD.

So congratulations again, Rich.

The additional tangible savings of \$1,468,846 resulting from this suggestion and computed by LMVD were reported for the 2nd Quarter. Our report follows:

	Second qtr.	Year to date
Average processing time:	15.8	52.0
Total tangible savings:	\$2,159,413	\$2,224,208
Total intangible determinations:	15	43
Total intangible awards:	\$3,375	\$5,975
No. of approved proposals:	17	48
No. of disapproved proposals:	43*	116*
No. of proposals received:	53	147
Adoption rate:	28.3	29.3
Dollars saved per suggestion:	\$35,990	\$13,568

\* Includes one withdrawal.

Note: Disapprovals also include nine disapproved in 2nd qtr. and 24 disapproved year to date because idea was already in use or under consideration.

June is National Dairy Month. So let's celebrate with a frozen custard.



**CAC  
Frozen  
Custard  
Day, June 22**  
Flyers coming soon!

## Perspective (cont.)

prove the living and working conditions in the District.

We now have the results of our first two Process Action Team (PAT) taskings. One was on the dilemma of what to do with 1155's at the lakes, and the other had to do with where and how many file servers we need. Both teams attacked their problem with vigor, and a sincere attitude to find the best solution for the District. I think they both successfully accomplished their missions. I am now sold that the spirit of TQM is the way for us to go. We are developing a strategy to smartly and permanently change the culture of the District. This will not be a short term event, and will not have an ending point. It will be a continual journey.

Summer is here! Enjoy the good weather, but BE SAFE.



# On The Soapbox

## Around the District

Bill Sutton, PM-M, and Ed Berghoff, RO-LCE, briefed and provided a tour of Melvin Price Locks and Dam for Don Vonnohme, director of IDOT Division of Water Resources and five other State of Illinois officials.

## Riverlands Office

The Riverlands Area Office conducted 20 tours/programs of the Environmental Demonstration Area during May. High water curtailed tours of Mel Price Locks and Dam.

The Area Office and the Visitor Orientation Facility attracted 2,300 visitors during May. High water has attracted a lot of fishermen.

Riverlands Association hosted a Project Wild Aquatic workshop, conducted by Association employee Sherry Droste. Twelve participants learned how to use hands-on activities to broaden environmental learning.

Stay-in-school, Charlie Deustch, gave an offsite tour of the Melvin Price Locks and Dam/Environmental Demonstration Area to the St. Louis Boy Scouts of America Council.

Riverlands rangers gave two tours and 90 minute programs on the purpose of the Chain of Rocks Canal and the locking through process to students at Lock 27.

Park Ranger Julie Ziino and Riverlands Association employee Sherry Droste presented an all day "Earth Day Fair" for 700 students at the Gotsch Intermediate School in Affton. Students participated in hands-on activities devoted to environmental learning at 15 learning stations.

## Clarksville Office

Park Ranger Michelle Carr conducted overlook programs at Lock and Dam 24 during Clarksville' Apple Blossum Festival. An art activity celebrating spring wildflowers was offered to children by the Riverlands Association at the Clarksville Visitor Center.

## Wappapello Lake

Park Rangers Andrew Jefferson and Timothy Bischoff were on radio station KMPL's "Coffee Break Show" live to discuss the Blackpowder Rendezvous, road-side cleanup, the drag boat race, camping policy and reservation system, opening of recreational areas and to educate the public on ATV use at the lake.

Park Rangers Larry Hendershott and Rebecca Hays were instructors at the three day "Ecology Days" given by the Butler County Youth Extension. There were about 450 fourth graders at the program. Program topics were rock types, soil types and our environment.

Park Ranger Andrew Jefferson was interviewed live on KFVS Channel 12 in Cape Girardeau. He expressed the importance of water safety at the lake.

Park Ranger Rebecca Hays did an interview with the Puxico Press on the upcoming 5th Annual Drag Boat Race.

Park Ranger Andrew Jefferson introduced 9th graders from a Kansas City high school to Wappapello Lake and explained the duties of a park ranger and the type of recreational activities and facilities available as part of a special program at a University of Missouri Forestry Camp.

## Rend Lake

The interpretive rangers presented more than 30 special request programs in May. The majority were presented to school groups. Topics included wildlife and wildlife management, wetlands, water safety, pollution, snakes and recycling.

Park Ranger Jackie Brachear spoke to members of the local chapter of Retired Military Officials about the many recreation opportunities available at the lake, as well as its economic impact from tourism.

Park Ranger Ray Zoanetti led two groups of Southern Illinois University students on a tour of various facilities around the lake.

Park Ranger Lowell Summers addressed the Sesser Bass Club about fishing prospects at the lake.

Park Ranger Kevin Curran met with members of the Big Muddy Chapter of Waterfowl U.S.A. to discuss cooperative work efforts for 1993.

Park Ranger Lowell Summers briefed members of Franklin County Ducks Unlimited on the Atchinson Creek wetlands restoration project.

## Lake Shelbyville

Rangers Ken Pierson and Mike Skinner gave talks to 150 students at the Moultrie County Conservation Field Day about wildlife management at Lake Shelbyville.

Rangers Al Lookofsky and Maria Shafer were on Shelbyville's "Talk of the Town" radio show. They discussed upcoming events at the lake and changes for the new recreation season.

Maria Shafer helped judge the Windsor Grade School Science Fair.

(Continued on next page)





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## News Briefs

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### Armed Forces Day

About 2,000 visitors attended Armed Forces Day at Carlyle Lake May 15. Col. Craig made opening remarks. Several bands and singers, many pieces of military equipment and aircraft flyovers made the day memorable. The theme of the day's event was Proud, Prepared and Professional.

### Great Duck Race

The 2nd Annual Great Kaskaskia River Duck Race will take place at Carlyle Lake on June 26th at the Dam West Spillway. The Duck Race will begin at 2:30 p.m. There will be more than \$10,000 in prizes. All benefits go to the Visiting Nurse Association.

### School partners

The St. Louis School Partnership Program honored Riverlands Association employee Sherry Droste, Riverlands Area Office Manager Pat McGinnis and Park Ranger Julie Ziino for their support throughout the school year at a program at Riverlands.

### New rangers

The Riverlands Area Office welcomes new Stay-in-School Park Rangers Ginger Hagler and Chad Jones, and seasonal (SIS) Park Rangers Dottie Burford, Brian Kieninger and Mike Eubanks.

### Visitor Center

The first anniversary of the agreement between the City of

Clarksville and the Riverlands Association to manage the Visitor Center was celebrated with an open house. The lower level of the center now houses exhibits on the natural and cultural history of the river and the management activities of the Corps and other state and federal agencies.

### 7th Armed Forces Day

Mark Twain Lake held its 7th Annual Armed Forces Day celebration at Spalding Recreation Area. The event drew more than 7,000 visitors. The Air Force Air Mobility Command Band from Scott AFB was among many bands participating. Martial arts and aerial performances were featured and helicopter and hovercraft rides were available.

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Rangers Leanne Crouch and Terri Morris spoke about life jackets and demonstrated life saving techniques for 450 students at the Shelby County Conservation Field Day at Hidden Springs State Park.

### Mark Twain Lake

Park Rangers Shane Andrews, Becky Ebbing, Mary Heitmeyer, Holly Jungers, Mike McAfee and Steve Wagner conducted workshops on many environmental topics for 400 students, parents and educators as part of the Seventh Annual Regional Gifted Conference at the M.W. Boudreaux Visitor Center.

### Carlyle Lake

The Carlyle Interpretive Staff participated in the Natural Resource days at McNair Group camp. They taught more than 300 school kids about Outdoor Management. The kids were taught to recycle by actually making new paper out of old used paper.

### Fragrance reduces stress

Studies at Rensselaer Polytechnic Institute show that pleasant fragrances, like the smell of apples, can reduce the negative effects of stress on the body and increase productivity. Participants showed increased efficiency in cognitive tasks and message decoding. Speed-related proofreading was slower, however, because the fragrance made proof-readers relax.

### No CFCs in aerosols

In 1978 the U.S. Environmental Protection Agency banned the use of Chlorofluorocarbons (CFCs) in aerosol products like hair spray and deodorant. Still, a recent survey by Opinion Research shows that 30 percent of respondents mistakenly thought aerosol cans were the most common source of CFCs. Further, half of respondents didn't know how CFCs affect the environment. (They deplete the Earth's ozone layer.)

Today, no CFCs are used in common aerosol products. The products are a minor source of organic compounds that contribute to smog, but their contribution is dwarfed by other sources like automobiles.



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## Coming Events at the lakes

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### Carlyle Lake

June 26	Kaskaskia Duck Race
July 3	Fireworks Spectacular
August 8	Tirathlon
Sept. 25	National Hunting & Fishing Day
Oct. 22-23	Haunted Trail
Dec. 3	Christmas Tree Lighting

### Lake Shelbyville

June 6-12	National Safe Boating Week
June 7-13	National Fishing Days
June 11-14	Free Fishing Days
June 19	Lake Shelbyville Craft Show
July 4-10	Environmental Conservation Week
July 10-11	Woodsy Owl Weekend.
July 17-18	Lithia Springs Chautauqua Tours
July 24-25	Smokey Bear Weekend
July 30 - Aug. 1	Aquafest '93
August 21	Okaw Indian Festival
Oct. 7	ECO-Meet

### Rend Lake

June 12	Family Fishing Derby
July 1-4	Rend Lake Fireworks Festival
July 11-17	6th Annual Youth Conservation Educational Camp
July 24	Fun in the Sun Water Safety Carnival
Sept. 11	Take Pride in America Lake Cleanup
Oct. 2-3	Children's Art Festival

Summer Sunset Series of Concerts: Saturday night programs June 19 to Sept. 4, 7:30 p.m., Visitor Center  
Environmental Science Series Workshops and Outdoors Skills Clinics, Saturdays 10 a.m. to 3 p.m., Visitor Center

### Wappapello Lake

Aug. 21-22	2nd Annual Old Greenville Days
Sept. 25	3rd Annual Disabled Persons Fishing Day

### Mark Twain Lake

June 12	Sandcastle Contest
June 19-20	Craft Show
June 27	Storytelling Festival
July 2,3,4	Mark Twain Lake Rodeo
July 24-25	Indian Artifacts Weekend
Aug. 6,7,8	Native American POW WOW
Aug. 14-15	Salt River Folklife Festival
Aug. 28-29	Rock & Mineral Show
Sept. 25	Outdoor Sport & Recreation Festival
Oct. 16	Evening with the Stars

### Riverlands Area Office

Riverlands hosts a variety of environmental workshops on weekends at the Visitor Orientation Facility throughout the coming months.

Tours of Melvin Price Locks and Dam for persons 13 years old and older started April 1 and will continue until Labor Day.

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## Widows, widowers benefits may be cut

Congress is considering a cost-saving plan that would cut survivor benefits by about 10 percent for anyone whose federal retiree spouse dies after Sept. 30, 1993.

The plan is part of the Congress' proposed \$62.5 billion in spending cuts in addition to cuts in President Bill Clinton's budget.

According to the Office of Personnel Management, 61.5 percent of the 1.6 million retirees receiving either Civil Service Retirement System or Federal Employees Retirement System benefits opt for survivor benefits.

The average CSRS survivor monthly payment is \$732.06; the average FERS survivor monthly

payment is \$250.03. Under the plan, the average CSRS survivor monthly payment would be cut by about \$75, the average FERS payment would be cut by about \$25 a month.

The Federal Government Service Task Force is a bipartisan legislative support organization whose staff members work for both houses of Congress. A task force staff background paper on the issue noted that retiree organizations consider this proposal particularly "onerous." They also said the bill's impact on widows and widowers living on fixed incomes would be devastating.

A task force staffer said odds

are even that this cut could be killed. "The savings are relatively small (\$470 million over five years) and the issue is emotional," the staffer said, adding that legislators would have to come up with another personnel spending cut to offset it.

A federal retiree can elect to take a reduced pension (by about 10 percent) to provide survivor benefits to a spouse. Survivors of retirees in the Civil Service Retirement System receive about 55 percent of their spouse's unreduced annuity, while Federal Employees Retirement System survivors receive about 50 percent of their spouse's unreduced annuity.





# \$ – Promotions & Incentive Awards – \$

## EXCEPTIONAL RATINGS:

Darnell Fountain, CASU  
Sandra Lehr, CASU  
Donald Brown, CO  
Michael Edwards, CO  
Roger Hayes, CO  
Susan Janota Summers, CO  
Alvin Lookofsky, CO  
Danny McClendon, CO  
Christopher Morgan, CO  
John Robinson, CO  
Benedict Venturella, CO  
William Wadkins, CO  
Cindy Zimmerman, CO  
Elinor Reinerman, DE  
Sandor Dombi, ED  
Stephen Farkas, ED  
Stephen Redington, ED  
Thomas Ruf, ED  
Walter Wagner, ED  
Virginia Mueller, IM

Debra Pickerign, LM  
Mary Lou Lawson, PA  
Jane Collins, PM  
Norris Davis, PM  
Jo Ann Gray, PM  
Carolyn Reinkemeyer, PM  
Deann Chambers, RM

## PERFORMANCE AWARDS:

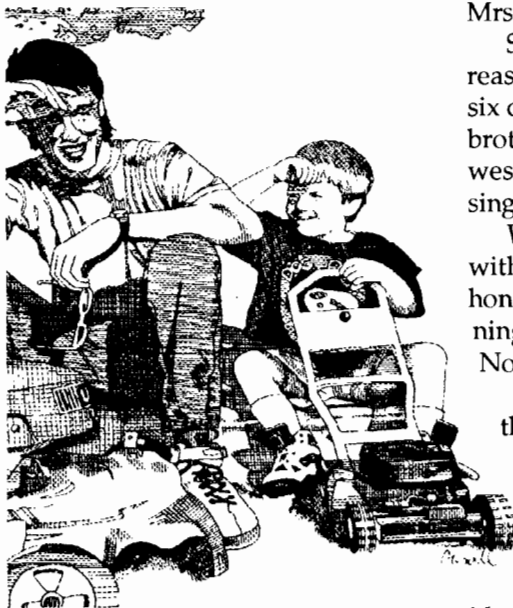
Darnell Fountain, CASU  
Henry Harris, CASU  
Donna Adams, CO  
William Newton, CO  
Terry Oltman, CO  
John Robinson, CO  
Kenneth Strong, CO  
Elinor Reinerman, DE  
Donald Coleman, ED  
Stephen Farkas, ED  
Michael Navin, ED

John Poullain, ED  
Stephen Redington, ED  
Walter Wagner, ED  
Anne Woodrome, HR  
Virginia Mueller, IM  
Debra Pickerign, LM  
Mary Lou Lawson, PA  
Carolyn Reinkemeyer, PM  
Diane Jones, RE  
Deann Chambers, RM

## SPECIAL ACT AWARDS:

Bruce Douglas, CO  
Margaret Hurst, CO  
David Mueller, CO  
Robert Wilkins, CO  
Leland Lenzner, ED  
Linda Wichland, ED  
Naomi Myles, HR  
Daniel Marshall, PD  
Wayne Miller, PM

# Dad's Day: Did or didn't Dodd do it?



Mrs. John Dodd in the year 1910.

Sonora Smart Dodd had good reason to honor her dad. He raised six children (Sonora and five brothers) all by himself on the western frontier. He was some single dad.

While Mrs. Dodd is credited with the first specified day to honor fathers, interest was beginning at about the same time across North America.

William Jennings Bryan was the first national leader to recognize Father's Day as an event that warranted support. Later, Presidents Woodrow Wilson and Calvin Coolidge gave their endorsement to the idea of Father's Day, and the Father's Day Council was formed.

By the late 1930s Father's Day

was widely celebrated in the U.S. and Canada. In the U.S., it became a national observance in 1972 under the signature of President Richard Nixon.

Sunday, June 20th will be a time for cook-outs, family and community events. From greeting cards to gifts to dinners out, people everywhere will be saying "I love you, Dad."

As Father's Day brings together various generations of dads, they honor each other as we honor them for being able to handle the trials, tribulations and joys of fatherhood.

Remember your father on Father's Day. Honor him, as we honor all of our dads on their day and throughout the year. Thanks, Dad.

Did Dodd do it? Well, yes, but not entirely. The first recorded celebration of a day to honor fathers was held at the request of



# Is diet COLA here to stay?

By Evelyn D. Harris  
American Forces Information  
Service

Younger federal workers who retire may have to swallow "diet COLA."

Cost of living adjustments, or COLAs, are periodic increases in pensions or salaries to account for inflation. Diet COLA is a plan to cap cost-of-living-adjustments for some military and civilian federal retirees. The proposal is part of the \$62.5 billion in spending cuts Congress added to President Bill Clinton's 1994 budget.

The plan would limit adjustments for retirees under age 62 to \$400 in 1994. After then, these younger retirees would receive half of the normal adjustment. Once retirees reach age 62, they would receive a catchup, raising future annuity payments to the level they would have reached had the COLA not been reduced.

An average federal retiree receives \$1,433 a month, or \$17,196 per year. If the full COLA were 3 percent, that retiree would receive an extra \$515.88 a year. So the \$400 cap in 1994 would cost that retiree \$115.88.

In 1995, an under-62-year-old retiree making \$1,433 a month would get a 1.5 percent COLA (\$257.94) if inflation remains at 3 percent. The earlier an employee retires, the more he or she stands to lose. Assuming constant inflation, a military member retiring at age 40 could see the value of his or her retired pay cut almost in half by age 61, according to The Retired Officers Association.

Diet COLA does not affect disability retirements. Some 290,000 retirees are disabled, and 22 percent of these are under 62. Also exempt are law enforcement officers, widows, widowers and child survivors of federal civilian and military retirees.

According to the Federal

Government Service Task Force, military retirees bear the brunt of the \$2.7 billion savings, since military personnel retire earlier than civilians. The task force is a bipartisan legislative support organization with 45 members in the House and Senate.

According to retired Air Force Col. Paul W. Arcari, director of government relations for The Retired Officers Association, 67 percent of enlisted retirees and 38 percent of officer retirees are under 62. Arcari said this contrasts with federal civilian retirees, of whom only 15 percent are under 62.

To kill or modify the plan, task force staffer Mark Gable said, legislators are required by law to find an equal amount of savings in other personnel-related spending. "That's (\$2.7 billion) a lot of money, and it will be hard to find those savings elsewhere," he said.

Final action on the proposals is expected by the end of June.



## Flag Day, June 14

The flag we honor this June 14th is more than pieces of cloth sewn precisely together.

When these three colors of fabric are combined, their meaning draws on a noble heritage.

The Stars and Stripes first flew over the ship of Captain John Paul Jones on Nov. 1, 1777, and shortly after were carried into battle by General William Maxwell at Cooch's Bridge in Delaware.

It was in the year 1831 the American flag was named "Old

Glory" by Captain William Driver who hoisted it over his two-masted, square-rigged ship called the Charles Doggett.

The heritage of Old Glory stems from having waved over the battlefields of war. It celebrates peace, and has even gone into space to fly over the dusty surface of the moon.

For a time in the not-distant past some people thought it was unsophisticated to pay respect to the flag. Even now there are those who think of it just as an instru-

ment for starting an athletic event. Oddly, many who were not born under its protection seem to honor it most and treasure the freedoms it represents.

On this June 14th, Flag Day, or whenever you see Old Glory flying in the breeze, take a moment to appreciate it and all it stands for.

Ask yourself if there is another flag you would rather live under. When you realize there is not, thank God for the rights and privileges it represents.

## ST. LOUIS DISTRICT - ANNUAL SUMMER PICNIC

As a result of input from a District wide survey for the CAC, this year's picnic will be at one of the District's projects.

CARLYLE LAKE - DAM EAST / McNAIR CAMPGROUND AREA  
FRIDAY, 30 JULY 1993 9:00-15:00

It is a very nice area with shelters, lots of shade trees, a nature trail and a beach. The CAC has reserved camping sites with electrical hookups in the campground that you can reserve through the CAC on a first come first served basis. There is room for about 30 tents in the general area and showers are nearby. The charge for camping at this location on the 30th has been taken care of.

Buses will be available and will leave the District office at 8:00 and return at about 16:00. You will have to sign up in advance to reserve a seat (or seats) on a bus.

The CAC will NOT have a beer for sale this year. There will be a caterer sealing lunches (probably) for a nominal fee or attendees can bring their own food.

Activities have been modified and changed to take advantage of the improved recreational opportunities offered by the lake over the Melvin Price (Granite City) Army Depot. The CAC is organizing the following:

- \* SCAVENGER HUNT
- \* PONY RIDES & BABY ANIMALS - 12:30 - 2:30
- \* FISHING
- \* SAND VOLLEYBALL
- \* SAND-CASTLE BUILDING
- \* BINGO
- \* PONTOON BOAT RIDES (~30 minutes on the lake)
- \* DAM RUN/WALK - ~6,600 feet or 1.25 miles
- \* FOOD FOR DONATION
- \* HORSESHOES

Previous activities like beer & soda poker and the dunking booth are not returning.

In an effort, to encourage more interaction between attendees, the picnic will operate as a Team Building exercise to a small extent. All the people in the District will be divided into arbitrary teams of about 40 employees each. These "teams" will participate individually and/or as a group in the activities of the picnic, though very informally. If you would like to be placed on one of these teams or more information about fill out the form below. You do not have to be on a team to participate in any of the activities.

The CAC is not officially sponsoring or organizing boating at the picnic (sailing, skiing). If people want to bring their boats that's ok but the CAC isn't getting involved.

General Directions to the Dam East Recreation Area:

From the RAY Building, it's east 19.3 miles along Interstate 64 to Hwy 50 Exit to Carlyle. Head north along Hwy. 50 for another 30.2 miles to Hwy 127 & 50 intersection at Carlyle. Follow Hwy 50 through town and across the Kaskaskia River. The Dam East area is the first left after the river. There's a sign.

\*\*\*\*\*

Please fill out the form below, if you are planning to attend the picnic and need a bus ride, a camp site or want to be placed on a team. If not, don't worry about filling out the form and just show up. Return the completed form to or call Randy Curtis at 8413:

U.S. Corps of Engineers

Attn. Picnic Chairmen, Randy Curtis, ED-GI  
1222 Spruce St.  
St. Louis, MO 63103-2833

\*\*\*\*\*

NAME:

ADDRESS:

TELEPHONE:

\_\_\_\_\_ I would like to reserve \_\_\_\_\_ of seats on a bus.

\_\_\_\_\_ I would like to be placed on a team.

\_\_\_\_\_ I would like to reserve a camp site with a hook up.

----- I would like to be sent more detailed information.



# Growing job fields in next decade

American Forces Information Service

Looking for a new job or career field? No need to look too far. The Department of Labor publishes a list of occupations that will need people within the next decade.

Compiled every two years, the list also includes career fields with steadily decreasing jobs, said DoD transition officials.

For example, they said, the Department of Labor expects an increased need for paralegals, medical record technicians and computer programmers. However, the forecast indicates fewer positions for directory assistance operators, butchers and service station attendants.

Indicators show that medical career fields will be the fastest growing over the next 10 years. Most jobs on the list, medical or not, will require some advanced training or schooling.

Among the nonmedical jobs

projected to have numerous openings are correction officers and guards, travel agents, flight attendants, legal secretaries, systems analysts and computer scientists.

Other positions expected to grow include accountants, management analysts, receptionists, marketing and advertising managers, human service workers, janitors and data processing equipment repairers. Teachers, teachers' aides, truck drivers and cooks and other kitchen workers should also do well in the coming years.

Medical secretaries, registered nurses, licensed practical nurses, radiologists and home health aides are just a few jobs in the medical field predicted to expand by decade's end. Other projected job openings include psychologists, physical therapists, medical records technicians, orderlies, nursing aides, surgical technologists and respiratory therapists.

On the downside, the study indicates that many of the fastest declining jobs are in industries affected by changes in technology. These include machine tool cutting operators, hand grinders and polishers, electrical assemblers, garment sewing machine operators and telephone and cable television line installers and repairers.

There will be fewer farm workers, typists, word processors, private household cleaners, child care workers, bookkeeping clerks, switchboard operators and bank tellers.

Don't take a job just because it's in a growing field, DoD transition officials stressed. The best job and career field for you depend on many things, including your priorities, lifestyle and work skills.

Find one that matches your wants and needs, or you may find yourself miserable and the job stressful.

## Sunglasses offer more than glamour

Whether your life includes outdoor sports, work-related outdoor activities, or just occasional outdoor times, protecting your eyesight is a must. Just like your skin, your eyes are susceptible to the damaging rays of the sun. They need protection that only proper sunglasses provide.

Many studies now show that ultra-violet radiation is the most damaging of solar rays for the eyesight. Intense periods of exposure to these rays cause burning, irritated eyes. A lifetime of exposure to UV rays can lead to retinal and corneal damage and the formation of cataracts.

When purchasing sunglasses yourself, check for UV protection, clarity, color distortion and comfort.

## Boating Safety Week: June 6 - 12

# How to share waterways

America's Inland & Coastal Tug & Barge Operators have a few words for recreational boaters. When operating your boat on a waterway, they say it's important to know that...

- \* Commercial boats operate every day, 24 hours a day.

- \* The speed of a commercial boat can be deceptive, and it takes 3/4 to 1 1/2 miles to stop. If a water skier falls a thousand feet in front of a moving tow, the skier has less than one minute to get out of the way.

- \* The pilot's blind spot, directly in front of the boat, can extend for

hundreds of feet. If you're in it, you can't be seen.

- \* Wheel wash is a strong underwater current caused by a ship's engines. It can cause turbulence for hundreds of yards behind a vessel.

- \* Never pass closely behind a towboat. It could be towing a raft or barge behind it which is low in the water and difficult to see.

- \* In narrow canals, a large tow's engines can cause a smaller vessel to be pulled toward the tow when passing alongside.



# The Pentagon

## The first 50 years

By Rudi Williams  
American Forces Information  
Service

Life Magazine called the Pentagon "a colossal pain in the neck." Workers over the years, particularly the military, coined all kinds of names for the building - "five-sided wailing wall," "five-sided squirrel cage" and "five-sided funny farm," wrote Alfred Goldberg, DoD's historian and author of the book, *The Pentagon: The First Fifty Years*.

Some workers vented their frustrations by calling the building Fort Fumble, the Fudge Factory, Potomac Puzzle Place, Disneyland East and White Elephant, Goldberg said.

But regardless of what it's called, the Pentagon is among the world's best-known edifices, and it keeps company with such buildings as the White House, U.S. Capitol, the Vatican, Kremlin and 10 Downing Street.

"Not only is the Pentagon a symbol of the defense establishment, it's a symbol of the United States itself," he emphasized.

"If there were seven wonders of the modern world comparable to the seven wonders of the ancient world, the Pentagon would surely be among them," Goldberg said. "Only one of the ancient seven wonders survives - the Pyramids of Giza, which took scores of years to build and are now more than 4000 years old."

Compared to the pyramids, the Pentagon was built with lightning speed. Construction took just 16 months, from Sept. 11, 1941, to Jan.

15, 1943, Goldberg said.

"A good part of the time, workers worked 24-hour shifts," he continued. "At one point, there were as many as 15,000 people working on the building. The cost of the building was just under \$50 million, but overall cost, including grounds, roads, facilities, utilities buildings and so on, was about \$85 million."

The huge, five-sided building sits on a 34-acre man-made mound that was once a wasteland of swamps and dumps. Some 600,000 tons of sand and gravel dredged from the adjacent Potomac River were processed into 435,000 cubic yards of concrete and molded into the pentagon-shaped base. Some 41,492 concrete piles were hammered into place on the mound.

When it was finished, the Pentagon became the world's largest single office building. "It still is," said Goldberg. "The twin trade towers in New York together have substantially more square

footage. The Pentagon has 6.5 million square feet of floor space of which about 3.8 million is actually office space. The twin trade towers have close to 10 million square feet, but that's two buildings, not one."

The building has 17.5 miles of corridors. Each floor is formed of five rings connected by 10 spoke-like corridors. Back in 1944, The Pentagon called the building "simple, convenient, economical and generally efficient in operation... getting lost in the building actually requires a special gift for bewilderment."

"There are about 25,000 military and civilian workers in the building today," said Goldberg. "The maximum population was about 33,000 during World War II and the Korean War. It rose into the high 20,000s during the Vietnam War."

A partial mobilization of U.S. manpower and industrial resources beginning in the summer of 1940 emphasized the need for the War Department to be under one roof.

"The German invasion and occupation of Norway and Denmark in April 1940 set off alarm bells in Washington, but it was the smashing German blitzkrieg victories over the French and British in May and June and the fall of France that shocked the U.S. government into taking immediate



Workers' cars fill South Parking soon after the Pentagon opened in 1943.





action to rearm the nation against potential and increasingly potent enemies," Goldberg wrote.

In July 1942, the War Department had more than 24,000 military and civilian employees in 17 buildings throughout the Washington area, according to Goldberg. The department wanted to consolidate, but there wasn't enough space in the District of Columbia for a building large enough for 25,000 to 35,000 workers. The space problem didn't involve the Navy - it was a separate department before and during World War II, and didn't move into the Pentagon until 1948.

Opposition to the Virginia site and the building's pentagonal design abounded in the nation's capital, Goldberg said. The shape resulted partly from the landscape of the building's originally intended site, a bit to the north between Arlington National Cemetery and Memorial Bridge. Five roads bounded that site. Fitting the building in among them resulted in a rough pentagonal shape, Goldberg said.

President Franklin D. Roosevelt decided to move the building south about three-quarters of a mile. He also decided to keep the pentagonal shape because, he said, "it's kind of interesting," according to Goldberg.

"It was understood it would be a plain utilitarian building," he said. "So you don't find the kind of decorative items other government buildings have - marble fountains, wall decorations." Officials had planned to move the War Department back into Washington after the war. Roosevelt mentioned using the Pentagon as a records repository, the historian said.

"But after the war, we reduced our military forces greatly, but still retained a far larger establishment than we did before the war,"

Goldberg noted. "They were able to vacate a lot of other extra buildings around the area and move the people into the Pentagon."

Many urban amenities are in the Pentagon Concourse, a gallery 680 feet long by 135 feet wide, said Goldberg. Equivalent to a small mall, the concourse includes a barber shop, department store, drug store, bank, credit union, bakery, post office, optician, shoe repair shop, tailor shop and florist. The concourse also boasts a large medical and dental clinic.

To feed the huge work force, there are two large cafeterias, nine beverage and snack bars and a dining room with table service.

The latest addition is the Pentagon Child Development Center, a separate building in the north parking area. It opened in November 1989 to provide day care for more than 200 children of DoD civilians and service members.

Thousands of workers and visitors come to the Pentagon every day via the bus and subway systems right at its door. The huge parking lots around the building accommodate some 10,000 vehicles.

"Looking to the future, the Pentagon will continue to be the headquarters of military establishments," Goldberg said. "It's quite clear that more and more power is being exercised at the Pentagon. After all, you have the leadership of the total military establishment, not only the Office of the Secretary of Defense, but the Army, Navy, Air Force departments. The only service not here is the Marine Corps, and it's at the Navy Annex, not far away."

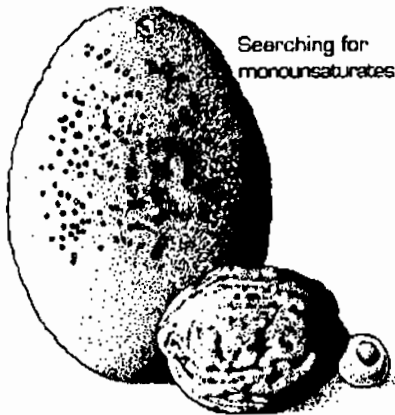
After more than 50 years as the symbol of America's military establishment, the Pentagon needs repair, said Goldberg. But renovating the building will cost far more than it did to build it - perhaps \$1.1 billion or more.



The secretary of defense's office is on the Eisenhower Corridor, named for the general and president.



## To your health



Searching for monounsaturates

### This fat fights cholesterol

There's good news if you've been avoiding guacamole, that delectable dip made with avocados. You can eat it if you don't mind the calories.

The fat in avocados won't hurt you. In fact, it could increase your level of HDL, the good cholesterol that actually reduces LDL, the bad kind. Researchers in Australia proved it. In test subjects who ate one-half to one and one-half avocados per day for three weeks, cholesterol levels went down an average of 8.2 percent. This compared with test subjects who were placed on a low-fat diet for the same period. Their cholesterol went down only 4.9 percent, according to a study reported in *Prevention* magazine.

Doctors have been telling us for some time that we should include monounsaturated oils in our diets, but many people wonder where to find them. Olive oil is monounsaturated, and so is canola oil. Both can be used for cooking. But where else can you find the "monos?"

Nuts. That's not a comment on your low-fat diet, but a food that's

rich in monounsaturates. Scientists in California studied 30,000 people to discover how their diets affected their heart health. There was a clear link between eating nuts and low risk of heart disease. People who ate nuts four times a week had about half the risk of people who ate nuts once a week or less. (A third of the nuts reported were peanuts, another third were almonds and the rest were walnuts and other varieties.)

If you like olives as a condiment or in salads, you can eat them without guilt. Dieters have shunned them, but they don't have many calories, and their fat content is all monounsaturated.

Dietitians suggest that people eat less red meat and more low-fat dairy products. Some of the calories saved can be used in these fine monounsaturated foods, to your health, the good health of your heart.

## No high blood pressure is 'mild'

The American Heart Association has lowered its threshold for normal blood pressure to 130/85. New standards indicate that people with a systolic reading of 130 to 139 and a diastolic reading of 85 to 89 adopt moderate lifestyle changes.

To lower blood pressure naturally the Association recommends losing excess weight, reducing salt and alcohol in the diet, and increasing physical activity. If blood pressure does not fall within three months, drug therapy is recommended.

For people with pressures above 140/90, treatment should be started with a diuretic, a beta-blocker or whatever the individual's physician prescribes.

If individuals and their physicians adopt the practices recommended, the impact on public health would be significant.

Reducing systolic blood pressure (the larger number) by only three points could reduce the annual number of deaths from stroke by 8 percent and deaths from coronary artery disease by 5

percent according to studies presented by the National High Blood Pressure Education Program.

In the Program's studies participants with mild hypertension (diastolic pressure of 90 to 99) taking medication resulted in 32 percent fewer strokes and heart attacks.



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## Retiree Review

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By the Retiree Correspondent

Twenty-six retirees convened on May 20 at the Salad Bowl for our monthly get-together. It was very enjoyable - reminiscing, story telling, etc.

Gordon and Elaine Davis showed up after playing hookie a couple of months. As did Arnold Gihring. Marlene and Stan Wiseman were there with pictures of their new "winter abode" in Arizona. Really lovely place. Bill Haynes, our "senior" retiree brought some of his wood work - puzzles. Well, we couldn't figure them out. Really clever.

We were sorry to hear of the deaths of two of our retirees - Eugene O'Neal on April 24 and Glenn Tomlin on May 8. Gene was our faithful "Store Keeper" for many years. One never had to worry about anything we needed. Tell Gene and we'd have it by the next day. A good and faithful employee. Glenn was "Mr. Radio." He kept us "on the air" very conscientiously. Condolences are extended to both families. Kate Stiles and Elbert Riley attended the memorial mass for Glenn on May 17 at St. Catherine Labouse Church.

Audrey Maxwell brought a get well card for all to sign for Elmer Huizenga. Elmer thought he might attend the luncheon, however, Roger suggested he hadn't regained his proper level of "meanness" to attend, so he should have that level raised by next month. Glad to hear you're recuperating so well. Keep it up!

Four current District employees attended - Jack Niemi, who briefed us on the District Doings, reorganization, flood situation, etc. Dee Ebert who introduced Mary Lou Lawson, who brought us the reason the Esprit is late again, contractor problems (we never had that problem when we had the good old Reproduction Section, did we). And Randy Curtis who brought us info on the annual picnic. This year it will be at Lake Carlyle. Sounds like a great idea. Busses will be available at the District. More info will be announced later.

Mike Cullen was a courier for Chas Denzel. Charlie sent some info on HARFE and application blanks. If you're not a member of HARFE, you really should be. You don't have to be a retiree to belong. I joined many years before I retired. The dues are \$20 a year - covering both local and national. This organization really works for us. They are responsible for our COLAs, the refunds from Missouri income taxes. The monthly magazine covers a myriad of things. I'll bring some of my magazines next month. More on this subject at the next meeting.

Our June meeting will be on June 17 at the Salad Bowl. Hope to see many more at this meeting. We miss you and want to invite all retirees. Hope we have larger and larger crowds. So remember June 17 at the Salad Bowl. Surprise us and be there.

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## Wade your way to fitness

The 1970s running fad turned into the 1980s aerobics trend, but in the 1990s water exercise is making waves across North America. The U.S. Water Fitness Association reports the number of classes has more than doubled in the last year.

Water exercises range from walking through waist-deep water to aerobics done in shoulder-high water, to strength training which uses the water's resistance to condition muscles. Many programs include all three elements.

The pool is a recommended place for starting a fitness program. The water's buoyancy takes the jolt out of exercise. The unconditioned and people who may find it painful to move on land often have a greater range of motion in the water. It's ideal for people with conditions like arthritis or those starting to exercise after an injury or surgery.

Walking at three miles per hour through water up to the mid-thighs burns twice as many calories as walking at the same speed on land, according to a study at Lenox Hill Hospital's Institute of Sports Medicine in New York. Water has greater resistance than air and provides a good workout at a lower speed.

Water exercise is easy on the heart as well. Cooling the body is a significant job for the heart when you are exercising on land. In a pool, water absorbs the body's heat so more energy can be directed toward moving muscles and burning calories.

Many YMCAs and health clubs offer water-exercise classes. To find one in your area, send a stamped, self-addressed envelope to the U.S. Water Fitness Association, P.O. Box 3279, Boynton Beach, FL 33424.



# PEARL HARBOR MASTERMIND WAS WAR-WARY SEER, YET...

## His Strategies Made Pacific a Japanese Lake

**H**e was a master strategist and planner, but he had no faith in the war.

ADM Isoroku Yamamoto was the chief of Japan's combined fleet. He was the mastermind behind the attack on Pearl Harbor. His strategies turned the Pacific Ocean into a Japanese lake for six months.

Yet Yamamoto had little confidence in the eventual outcome of the war against the United States. He had studied in the United States and served as the naval attache in Washington. He knew better than most of his contemporaries what the United States was capable of producing. He also knew better than to underestimate U.S. willingness to do battle.

Yamamoto was one of the first senior naval commanders anywhere to truly appreciate aircraft carriers. He compared battleships to ancestral scrolls that upheld a family's prestige but did little for current prosperity. It was the perfect philosophy for the time. While American and British naval leaders were still striving for battleship engagements, the Japanese navy was using aircraft carriers to clear the seas of allied warships.

Yamamoto predicted the course of the war. He said the Japanese would run wild for the first six months, but then the U.S. superiority in weapons, production and manpower would assert itself. Other Japanese leaders believed that the Americans would tire of fighting their way back across the Pacific and a treaty could be signed granting them some territorial gains.

Yamamoto knew better. "If hostilities break out between Japan and the United States, it would not be enough that we take Guam and the Philippines, not even Hawaii and San Francisco," he said before the war. "To make victory certain,

we would have to march into Washington and dictate the terms of peace in the White House."

Yamamoto's string of victories ended at Midway, when outnumbered U.S. Navy flyers sank four Japanese aircraft carriers. U.S. Marines dealt Yamamoto's forces another defeat at Guadalcanal.

But Yamamoto was a brilliant man, and U.S. war planners feared and respected him.

U.S. cryptologists broke the Japanese code. They received information about Yamamoto making a tour of front line bases. Army P-38 Lightning fighters were dispatched to shoot down Yamamoto. On April 18, 1943, they succeeded.

All Japan mourned his death. His loss, according to historians, was the equivalent of a major defeat.

American Forces Information Service



Please recycle this issue of ESPRIT